

BOROONDARA

Bicycle Users Group

Rides Supplement May 2009

Camberwell Downhill Gourmet Bike Riders

April Ride – Bay West Ride

Date: Sunday 19th April

It was pleasing to see a group of 12 cyclists gathered on platform 5 ready to board the train to Werribee. Not so pleasing to have a selfish young man refuse to move from the area at the back of the last carriage where bikes can best be stored, and where cyclists are in fact supposed to travel.

Once arrived at Werribee the group agreed to defer the pleasure of a coffee until we reached Werribee South where we found the Tea Pot Cottage open and invitingly cosy on this rather overcast and chilly morning. After fortifying ourselves there we continued along the sea front before turning inland and zigzagging through the market gardens across to Point Cook Coastal Park. Here we stopped for lunch and discovered that the tables out in the open seem to be less frequented by mosquitoes than those under the trees.

Just as we were departing from the picnic area one of our group came to grief on the short gravel path, catching her wheel and coming off her bike. Although sore and almost certainly bruised she was fortunately able to continue with the ride. This served as a reminder that we should all make every effort to alert our fellow riders to all types of hazards such as loose surfaces and bollards as we go.

After returning to Point Cook Rd and riding through Sanctuary Lakes to reach Skeleton Creek we rode along this to the footbridge. From here three of the group took the option of riding to Laverton Station while the other nine continued along the trail to Altona. We all ended up on the same train, along with hordes of football supporters once we reached Southern Cross.

Julia Blunden

May Ride - Boroondara - Darebin Circuit – Sunday 17th May

The ride: starts and finishes at Canterbury Station. It is a mixture of on and off-road and takes in sections of the Koonung Creek, Yarra, Gardiners Creek and Anniversary Trails. Length approximately 40km. Lunch at Studley Park Boathouse – BYO or buy there.

Meet: at Canterbury Station car park (north side of station), west end, at 9.15am

Leader: Graham Ellis, phone: 9836 0415, email: gvli_ellis@hotmail.com On the ride day mobile 0413 767 925 will be available. Please let Graham know if you intend coming on the ride.

Rides and Leaders for 2009

June 21st Geraldine & David; **July 19th** Elva; **August 16th** Bruce & Yvonne; **September 20th ?;**
October 18th Bruce & Yvonne; **November 15th** Geraldine & David

As you can see an organiser is still needed for September so think about offering your services.

Dinners: Fridays July 24th and November 20th

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website:

<http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphjj@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email:

info@surreyhillsnc.org.au ; www.surreyhillsnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group - Rides Program

Seniors Bike rides in 2009

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. The 2nd and 4th Wednesday rides are more challenging, (50- 70km).
- We generally meet at **10am** at the 'Place to meet' (see below). Check the current train timetable to arrive at the destination listed as close to 10am as possible. A coffee stop is found midmorning. We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.
- If the temperature is 30°C or above on the day, the long rides will be cut short. For the rides in February and March bring your bathers as we will stop for a swim if it is warm enough.

Please contact **Janet Bennett** by e-mail janpeter@bigpond.net.au or on **9853 9808** to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
May 13 th and 14 th	Ballarat station, Liddiard St. north.	Skipton Rail trail, an overnight ride of 104km. For Full details, contact Janet after January 2009.	Hard
May 20 th	East Malvern station MEL 69 B1	Short ride – Anniversary trail 30km.	Easy
May 27 th	Hoppers Crossing railway station MEL 206 J3	Travel to Hoppers Crossing and return to city via Werribee river, the Federation and the bay trail.~ 50km.	Easy unless headwind
June 3 rd	Heatherdale station MEL 49 D9	Short ride – Ringwood, Bayswater, to Jell's park for coffee and return ~30km	Easy
June 10 th	Heatherdale station MEL 49 D9	Heatherdale station to Docklands, using the East link, Koonung creek and Capital city trails~ 50km	Medium
June 17 th	Heatherdale station MEL 49 D9	Short ride via Beasley's nursery ~30km.	Easy
June 24 th	Heatherdale station MEL 49 D9	Ride the East link trail to Seaford and return to the city via the coast. ~70km	Medium

Whitehorse Cyclists Inc

Last updated May 2 2009

Date	Destination	Description	Distance and grade	Leader Contact
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 10/05 9:30 am	Jells Park Circuit	Eastlink Tr, Dandenong Ck Tr, Knox City Shopping Centre, (M)Jells Park, Koomba Park, Mitcham, Koonung Ck Tr	40 E/M	George 9878 0293
Tue 12/05 7:45 pm	Club Night	Box Hill Community Arts Centre 47 D11 Corner Station & Combarton Sts		Bob B 9801 2809
Tue 12/05 9:30 am	Easy Tuesday Hughesdale	Hughesdale Koonung Ck Tr, Hays Paddock, Anniversary Tr, (M)Hughesdale, Gardiners Ck Tr, Deakin University	38 M	Doug H 9877 1408 0408 319 360
Tue 12/05 9:00 am	Hard Tuesday Beach target	Carrum Elwood, Carrum	80 E/M	Bob B 0412 028 068 9848 1154
Thu 14/05 9:30 am	Anniversary Trail and Brighton	Hughesdale, McKinnon, Brighton, (L)North Rd Beach, St Kilda, Port Melbourne, Southbank	60 M	Allan M 9818 0415
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 17/05 9:30 am	Edna Walling gardens	Bickleigh Vale Mullum Mullum Tr, Mooroolbark, Tarralla Ck Tr, Eastlink Tr	40 E	Bruce E 9848 4804
Tue 19/05 9:30 am	Easy Tuesday	Richmond Koonung Tr, Capital City Tr, (M)Richmond, Gardiners Ck Tr, Anniversary Tr	35 E	Pam M 9878 1601 0409 332 883
Tue 19/05 10:00 am	Hard Tuesday	Kinglake Kinglake, Yarra Glen	100 H	Charles L 9723 4523 0431 592 874
Thu 21/05 9:30 am	Thursday ride	Fairfield, Rushall, Moonee Ponds Ck Tr, (M)Puckle St, Moonee Ponds Ck Tr, Broadmeadows, (L)(B)Craigieburn, Hume Freeway Path, Thomastown, (B)Ruthven, St Georges Rd, (B) Rushall, Fairfield	90 M/H	Jacques F 9497 2306
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 24/05 9:30 am	Sunday ride	Bayside to Sandringham RS Port Melbourne, (M)St Kilda, Brighton, Sandringham	35 M	Michael W 9509 1290
Tue 26/05 9:30 am	Easy Tuesday	Studley Park Koonung Tr, Fairfield Park, (M)Studley Park Boathouse Caf, Dights Falls, Merri Ck Tr, Westgarth, Ivanhoe	35 E	Doug W 9802 6702 0417 560 063
Tue 26/05 9:00 am	Hard Tuesday	Ferntree Gully Ferntree Gully, The Basin, Wonga Park	80 M/H	Charles L 9723 4523 0431 592 874
Thu 28/05 9:30 am	Thursday ride	Docklands Anniversary Tr, Gardiners Ck Tr, (M)East Malvern, Main Yarra Tr, (L)Docklands, Capital City Tr, North Carlton, Rushall, Westgarth RS	48 E	Mike T 9859 3647
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				

Sun 31/05 9:30 am	Sunday ride	Eastern Creeks Koonung Tr, Mullum Mullum Ck Tr, (M)Croydon, Tarralla Ck Tr, Dandenong Ck Tr, Eastlink Tr, Mitcham, Koonung Tr	35 E	Geoff D 9836 1414 0428 361 236
Tue 02/06 9:30 am	Easy Tuesday	TBA		Pat M 9818 0415
Tue 02/06 9:00 am	Hard Tuesday	Williamstown Greensborough, Ring Road Path, Moonee Ponds Creek Tr, Capital City Tr	90 M/H	Barry McC 9848 1154
Thu 04/06 9:30 am	Thursday ride	Yarra Valley Wineries (M)Rochford Wines	48 E/M	Bob H 9886 6215
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 07/06 9:30 am	Sunday ride	TBA		
Tue 9/06 7:45 pm	Club Night	Box Hill Community Arts Centre 47 D11 Corner Station & Combarton Sts		Bob B 9801 2809
Tue 09/06 9:30 am	Easy Tuesday	TBA		
Tue 09/06 9:30 am	Hard Tuesday	Churchill-Lysterfield	70 M/H	John C 0438 566 977
Thu 11/06 9:30 am	Thursday ride	Albert Park	60 E/M	Mike McK 9816 3386
19/06- 23/06	Multi day ride	Tatura	60 E/M	Bruce E 9848 4804
10/11/09- 23/11/09	Multi day ride	South Australia	About 600 kms total	Lindsay B 9801 2809

Banyule Bicycle User Group—Rides Program

Rides start from Heidelberg Park (Melway ref 32 B4) unless otherwise indicated. **Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687.** Leaders can also provide additional information if required.

EasyRide: every Tuesday and Friday **9.30am** – relaxed pace and informal, with break for coffee/snack/chat. **Contact: Les B. 9435 0615 for further details.**

HarderRide: every Tuesday and Sunday **9.00am.** BYO morning tea. Check program below.

May

Sun 3	<i>Seven Trails</i> 68 km	Yarra, Anniversary, Gardiners Creek, Scotchmans Creek, streets (short H2, long H1), Dandenong Ck. Break Jells Park. Join Eastlink (some H3), and Koonung home.	Graeme W/ 9435 9687
Tue 5	<i>Edwardes Lake</i> 37 km	Out by Darebin Creek Trail and Reservoir Streets. Return by Ring Road, Greensborough and Plenty River Trail (a few H1).	Alan P/ 9435 9421
Sun 10	<i>Middle Maribyrnong</i> 60 km	Capital City Trail, Moonee Ponds Ck Trail and streets to Maribyrnong River. Up river to Canning St Reserve for break (switchback H2 both ways but great view). Return by streets (H2 from river valley) through Moonee Ponds, Brunswick, Thornbury.	Lou B/ 9459 6887
Tue 12	<i>Yarran Dheran</i> 42 km	Koonung Trail to end (some H1 and H2) and short streets extension to reserve for break & return.	Laurel M/ 9499 2636
Sun 17	<i>Yarra Bend</i> 35 – 40 km	Streets west to Merri Ck (1 x H2). Down the Trail to break at Studley Park. Return by Boulevard (some H1) and Yarra Trail.	Richard B/ 9459 8648

Tue 19	<i>Museum Gardens</i> 35 km	Capital City Trail, Canning St. to Gardens for break. Return by streets and Capital City or Upfield Trails.	Robert R/ 9439 1078
Sun 24	<i>Ceres</i> 40 km.	To Fairfield by Yarra Trail, then Merri Creek Trail to Ceres for break. Continue on Merri Creek Trail to Broadhurst Av exit and Reservoir streets to Darebin Trail	Graeme W/ 9435 9687
Tue 26	<i>Brimbank Park</i> ~70 km	Streets & trails west, with break at Coburg Lake. Meet Ring Road at Airport West, and on to Park for early lunch. Return down Maribyrnong River Trail (some H1 & H2) to Moonee Ponds, then streets east.	Maurie A/ 0409 186082
Sun 31	<i>Epping</i> 40 km	Out by Bundoora Pk. & Upper Darebin Ck Trail (H2 to Waiora Rd, H1 in Park) to Epping Reserve. Return by Mill Park streets, Plenty Rd path, Ring Rd Trail, Greensborough.	Richard B/ 9459 8648

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights** - 20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Manningham BUG

For general enquiries ring Harvey (03)9890-8006 or Garry (03)9439-5016

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride. Contact Don 9848-5803

Interested?

[Email us to find out more about the BUG - harvey@edwards.net](mailto:harvey@edwards.net)

Melbourne Bicycle Touring Club

Rides Program

May			
Sat 2 May	Brimbank Park	45 km easy/medium	John
Sun 3 May	Heidelberg Artist Trail	20km Easy	Paul
Thu 7 May	Lakes District		Peter
Sat 9/05	Movies at the Astor - Gran Torino/Pride and Glory	not much	Kirsty
Sun 10 May	Pakenham to Lilydale via Gembrook	70 kms med.	Peter
Thu 14 May	Trip Planning		Paul
Sat 16 May	Family ride - Coburg Lake	15kms - easy	John
Sun 17 May	Ranges to the Sea - Ferntree	45 km	John

[illegible]